



## Physical and Emotional Well Being



What are the things that you need to do in order to feel healthy? (Include, if applicable, medications, special diets, adaptive equipment, medical tests, dental care, etc.)

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What are the things that you should stay away from in order to stay healthy? (Include, if applicable, smoking, specific foods, medications and/or substances you are allergic to.)

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What are the things you need to do in order to be happy? (Include, if applicable, medications, counseling, behavioral recommendations, etc.)

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What are some of the things that upset you or make you mad? How do you show you are upset?

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When you are upset, what helps you feel better?

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